

Daily Affirmations- September, 2018

Affirmations are short, positive statements of belief and behavior. We use affirmations to change beliefs that led us to destructive, anti-social or addictive behavior in the past.

Affirmations have been proven effective through research in addiction recovery. They are known to help people change behavior and get better results in life.

Affirmations support positive social learning. In social learning, we learn by interacting with others and gaining insight into managing our thinking and our environment.

Affirmations are adopted through engaging in self-talk, journaling, discussing them with peers and by practicing new and more productive behaviors. **Affirmations work!**

Sat	Sep	1 st	I will think positive thoughts.
Sun	Sep	2 nd	I am worth it.
Mon	Sep	3 rd	Even if I fall, I will just get up again, and again, and again, and again.
Tue	Sep	4 th	Keep it simple, focus on one change at a time.
Wed	Sep	5 th	Life isn't about the number of breaths you take but about the moments that take your breath away.
Thu	Sep	6 th	Never give up!!!
Fri	Sep	7 th	I am beautifully and wonderfully made. I am love.
Sat	Sep	8 th	The consequences of my actions teach me the true meaning of responsibility.
Sun	Sep	9 th	Love the life you live.
Mon	Sep	10 th	Imperfection is beauty.
Tue	Sep	11 th	Proper Preparation Prevents Poor Performance.
Wed	Sep	12 th	Stay positive. Be thankful.
Thu	Sep	13 th	Stay in your own lane.
Fri	Sep	14 th	Don't give up! Fall down 'n' get back up.
Sat	Sep	15 th	Change your thoughts and your feelings will change.
Sun	Sep	16 th	Organize your life for the miracles on their way, believing always with your heart.
Mon	Sep	17 th	See and speak the desired end as if it has already been achieved.
Tue	Sep	18 th	All that I have seen teaches me to trust God for all I have yet to see.
Wed	Sep	19 th	Every day is a test you are going to pass.
Thu	Sep	20 th	People don't punch each other, they punch their own misery.
Fri	Sep	21 st	Be a better person than yesterday.
Sat	Sep	22 nd	Sometimes I don't get what I want because I get what I need instead.
Sun	Sep	23 rd	Why not go out on a limb? Isn't that where the fruit is?
Mon	Sep	24 th	The measure of my character is what I would do if I knew I would never be found out.
Tue	Sep	25 th	Knowledge is the true organ of sight, not the eyes.
Wed	Sep	26 th	Proper preparation prevents poor performance.
Thu	Sep	27 th	Progress always involves risks. I can't steal second base and keep my foot on
Fri	Sep	28 th	One step at a time, makes the journey.
Sat	Sep	29 th	Believe none of what you hear and only half of what you see.
Sun	Sep	30 th	I am strong and worthy.

Note: These affirmations were inspired by and provided by women residents of Hope Hall.

Please feel free to offer your own favorite or most powerful affirmations.

"Be the change you wish to see in the world" - Gandhi

In Recovery from Addiction? Go to a meeting. Seek strength from your Fellowship & Higher Power.
One Day at a Time.